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Edmonton Eskimos running back Kendial Lawrence, right, and slotback Adarius Bowman celebrate a touchdown against the Saskatchewan Roughriders during the third quarter in Regina on Sunday. The Esks beat the Riders 24-19.  
LIAM RICHARDS/THE CANADIAN PRESS

# Iveson: Urban agenda finally on national stage

**One year.** Mayor still looking for federal, provincial cash to keep building LRT

**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

After a year in office, Mayor Don Iveson has done much, but is banking other politicians won't be able to ignore city issues and will come to the table with cash in the year ahead.

"It's gone faster than I thought it would. In the sense that we have accomplished a little more than I thought we would," said Iveson, reflecting on his first year in office.

Working with council, Iveson has funded a plan to address the city's pothole-

plagued roads, launched a task force to eliminate poverty and most significantly, got the funding for the city's next LRT line.

As it stands, the city is paying more than half the cost of the Valley Line, which is more than Iveson wanted coming from the city.

"At most we should be paying a third and I think we should really be paying something like 20 per cent," he said.

Iveson said he didn't want the project delayed again, so he agreed to the deal.

"I did because it was the only way to get it built and I will try to get it back on future phases," he said.

He still hopes funding for the second phase of the Valley Line, extending from downtown to Lewis Estates, can be secured in this term, noting he doesn't want the

city paying more than its share again.

"If we had to pay 40 per cent again we couldn't do it, but we never should have had to pay that in the first place."

Iveson said he believes big city issues are finally coming to the attention of federal and provincial politicians.

"If this is the age of the city, I am still not impressed, but it feels like we're starting to get the time of day," he said.

In next year's federal election, Iveson predicts all the major parties will have serious plans for funding transit across the country.

"There seems to be a realization — the last time I was in Ottawa a couple weeks ago — that you're not going to win the government in the next election without a serious investment in transit."

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Provincial politics

## Notley wins NDP leadership

Rachel Notley picked up the torch from her famous father Saturday, winning a commanding 70 per cent of the party vote to become the new leader of Alberta's NDP.

She told 300 cheering supporters that it's time to sweep away a tired Progressive Conservative government shot through with rot and scandal.

"Politics should be about more than nervously promising to clean up the mess you've made," said Notley in her acceptance speech at the Sutton Place Hotel in Edmonton.

"Politics should be about hope. It should be about optimism. And it should be about the where-withal to build something better."

Notley, 50, takes over a party that her father Grant Notley helped form in 1962.

She defeated Edmonton-Caldwell MLA David Eggen and labour leader Rod Loyola in voting.

There were 3,589 votes cast. Eggen took 28 per cent and Loyola two per cent.

Notley said her immediate goals are to continue the fight in four byelections — three in Calgary and one in Edmonton — with voters going to the polls on Oct. 27.

After that, the plan is to grow the party outside of its traditional base in Edmonton, she said. "Ultimately, we want to position ourselves to be government, whether that's after 2016 or whether that's after 2020 or somewhere in between."

"We aren't simply focused on being the conscience of the legislature."

THE CANADIAN PRESS



Marcey Kliparchuk, left, and Gina Shimoda have been campaigning schools to reconsider the Wi-Fi policies and possible negative effects on students for the last four years. LEAH HOLOIDAY/METRO

# ECS to consider Wi-Fi-free schools

**Dangerous frequencies?** Trustee says 'abundance of caution' needed in use of the technology

LEAH HOLOIDAY  
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Two Edmonton parents are hoping to flick the switch on Wi-Fi in local schools, urging the city's school districts to reconsider current policies for the technology.

Marcey Kliparchuk, a local teacher for Edmonton public, said she was first inspired to research the negative effects of Wi-Fi after learning a cell phone tower was being built next to her school.

Four years later, Kliparchuk and her fellow Wi-Fi crusader Gina Shimoda have prompted Edmonton Catholic Schools (ECS) to take a look at their current Wi-Fi policy.

At a school board meeting last week, ECS trustee Marilyn Bergstra asked the district's administration to bring forward recommenda-

tions for schools to ensure best practices when using Wi-Fi and devices.

"Although research data in this area remains somewhat inconclusive, it's my belief that we have a duty to act within an abundance of caution when it comes to the responsible use of technology in our schools as it relates, in particular, to the health of students and staff," said Bergstra.

Fellow trustee Patricia Grell suggested ways Wi-Fi could be used more safely, including designing one school at each division level that was

Wi-Fi free.

"I would add to these recommendations that we could consider designing our new schools with hard-wired connections rather than wireless technologies and/or install on/off switches in each classroom so the Wi-Fi can be turned off when not in use," Grell added.

Along with reviewing current Wi-Fi practices, the board approved a plan to reach out to the Alberta School Board Association and lead a symposium on Radio Frequency Electromagnetic Radiation and Wi-Fi technology.

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# Iveson's campaign promises: A few down, a few more to go

**More work to be done.** Issues tackled so far include long-term road plan, southeast LRT funding



**RYAN TUMILTY**  
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With his first year behind him, the promises Mayor Don Iveson made during the campaign fall into the complete, the partially complete and the still-to-come categories.

As promised, Iveson and city council drafted a long-term plan to improve the city's roads that will see a permanent commitment of about \$200 million spent every year on arterial roads.

He also successfully secured funding for the southeast LRT line, but is still working on the cash to extend the line from downtown to Lewis Estates.

Iveson said just getting the first part of the line underway was a big step.

"Most people didn't think we could get that done and I am glad we were able to," he said.

Iveson has also set up a task force on eliminating poverty, worked with council to make developing infill housing easier and is work-



Mayor Don Iveson in his office overlooking Churchill Square following an interview with Metro. RYAN TUMILTY/METRO

ing with the region on an economic development strategy.

"There seems to be a consensus forming around that, which is still going to take time to solidify," he said.

Iveson pledged to create a one-stop shop that would make it easier to do work with the city. He said the

physical counter won't happen until the city moves into its new building in 2016, but more of the city's services are now online. He has set up a plan to have council scour the budget for two per cent in savings every year, but that hasn't yet reported in.

Iveson said his proposal for a business incubator for

aboriginal and immigrant communities might take shape in the way he first envisioned, but generally the policies from the campaign are the ones he is following.

"A lot of thought went into the platform, so I am using that as a roadmap and so far it has worked pretty well."

## Valley Line LRT

# \$400M

The province committed \$400 million to the Valley Line LRT project early in Iveson's term, along with an interest-free loan of another \$200 million, leaving the city paying \$1 billion for the line.

## How's he doing?

We asked two people with insight on the issue to weigh in on what they think of Mayor Don Iveson's performance over his first year.



**"In my door knocking for the federal Tory nomination in**

Edmonton—Griesbach people are very upset about photo radar, bike lanes and city hall spending. He's shown he's relatively capable but should listen to regular folks more about issues they care about.

Former city councillor and mayoral opponent Kerry Diotte



**"It's a great council. They are passionate about this city**

**and they have done a great job."**

Former mayor and now Health Minister Stephen Mandel

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Stephanie Simpson, 20, is hoping to inspire other young people to get help for their struggle with an eating disorder by blogging about her own experience. LEAH HOLOIDAY/METRO

# Woman blogs about 'splitting up' with her eating disorder

**Splitting Up With ED.**  
Blog aimed to inspire others to find help



LEAH HOLOIDAY  
leah.holiday@metronews.ca

Stephanie Simpson is in the middle of a breakup and she wants everybody to know about it.

The 20-year-old Edmonton woman is chronicling her life as she works to end a six-year relationship with ED — her eating disorder.

Through her blog Splitting Up With ED, Simpson said she's hoping to inspire other young women and men to confront their experience with an eating disorder and get help.

"I think me writing the blog, it's completely changed everything," said Simpson, who was surprised by the amount of positive feedback she received from the online community. "I was tired of hiding."

After a two-month stay at an eating disorder clinic in

Brandon, Man., Simpson said she's not 100 per cent cured and is still working on finding a healthy relationship with food.

"I've still been struggling with the issue of binge eating and then not eating very much. I still struggle with that," she said. "Although it has gotten a lot better than it was in the past, it's still a battle I struggle with every day."

Along with writing her own personal blog, Simpson is volunteering with Eating Disorder Support Network of Alberta. The network is launching support groups thanks to a \$165,000 government grant announced earlier this year.

For Simpson, the volunteer work and her blog are just two ways she hopes she can motivate young people to find help for their own struggles.

"If you're struggling, don't be afraid to go and get help," Simpson said. "You shouldn't feel ashamed about getting help because everybody struggles."

For more details about Simpson's experience, head to [splittinupwithed.com](http://splittinupwithed.com).

## Second-degree murder

### Police investigate suspicious death

Homicide detectives have arrested a 23-year-old man in connection to the death of a man over the weekend.

Cody Ross Larson is being charged with second-degree murder after police were called to an apartment building near 107

Avenue and 116 Street at approximately 8:10 a.m. Saturday.

In one of the suites, police discovered the body of a man, who appeared to be in his mid-20s.

An autopsy to determine the young man's identity and cause of death has been scheduled for Monday.

Anyone with information is asked to contact police at 780-423-4567.

**METRO**

## Health Services

### Flu shots now available

After a flu shot shortage during last year's influenza season, Alberta Health Services is reminding folks to get their immunization as the annual vaccination campaign kicked off Monday.

This year, AHS will be offering flu vaccination to all Albertans six months or older via shot or nasal

spray.

While the influenza season has not officially arrived, AHS said in a prepared released that it's "imminent."

Last year, approximately 1,200 Albertans were hospitalized because of influenza, while 30 died.

For the upcoming flu season, the government has ordered approximately 2 million doses of the vaccine — enough to immunize 45 per cent of Albertans. **METRO**



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# Nepal officials shut walking trails, set out on additional rescue efforts

**Fatal blizzard.** With at least 38 confirmed dead, rescuers returned to the popular hiking route to ensure trekkers' safety

Nepalese authorities closed a section of a popular Himalayan trekking route Sunday after rescuers, overwhelmed with last week's snowstorms that killed at least 38 people — including four Canadians — had to save new hikers who set out on the same trails.

Those who lost their lives in the blizzards and avalanches that hit the upper section of the Annapurna trekking circuit in northern Nepal included foreign trekkers, local guides and villagers. Many of the hundreds who had been stuck in the snow have been brought to safety, while government of-



An injured avalanche victim from Israel hugs a friend after boarding an ambulance to head home at Ciwec Clinic in Katmandu, Nepal, on Saturday. Rescue helicopters spotted nine more bodies Saturday on a trail in northern Nepal, bringing the death toll to 38 from last week's snowstorms. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

ficial Yama Bahadur Chokhyal said rescue helicopters were winding down flights.

But as the weather cleared, new hikers began making their

way up the same trails, prompting the government to close the route, Chokhyal said. In some sections, the trails were completely hidden beneath the

accumulated snow.

"Our rescuers and helicopters ended up having to bring down these new people while we were still trying to reach the

ones who were stranded by the blizzard," he said.

"It was burdening and confusing the rescuers," he said.

The snowstorms were

## Snowstorm victims

About 25 bodies have been identified from among those killed in Nepal's blizzard.

- **Confirmed deaths.** Of those identified, eight were Nepalese, with others from Canada, India, Israel, Slovakia, Poland and Japan.
- **Canadian casualties.** The names of the Canadians have not been made public, but a Quebec-based tour guide operator said a group of Quebecers were taking part in the trek.

caused by the tail end of a cyclone that struck the Indian coast days earlier.

**THE ASSOCIATED PRESS**  
WITH FILES FROM THE CANADIAN PRESS

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## Plastic-clad protesters hold steady

Protesters wear protective gear made of plastic bottles at a barricade in the Mong Kok district of Hong Kong early Monday. Three weeks ago, students at a rally stormed a fenced-off courtyard outside Hong Kong's government headquarters, triggering unprecedented mass protests for greater democracy in the semi-autonomous Chinese city. **KIN CHEUNG/THE ASSOCIATED PRESS**

### Human remains

## Body may belong to missing student

Searchers found human remains that could be those of a missing British-born University of Virginia student, police said.

Further tests are needed to confirm the remains are Hannah Graham's, Charlottesville police Chief Tim Longo said Saturday. Jesse Leroy Matthew Jr., 32, has been charged with abduction with intent to defile Graham. **THE ASSOCIATED PRESS**

### South Africa

## Convicted killer dies in prison

The man convicted of the murder of a woman killed on her honeymoon in Cape Town has died, South Africa's Department of Correctional Services said.

Xolile Mngeni, convicted for the murder in 2010 of Anni Dewani, died in a hospital unit of a Cape Town prison. **THE ASSOCIATED PRESS**

## Rising tension. Leaflets lead to North-South Korea gunfire exchange

Troops from the rival Koreas exchanged gunfire Sunday along their heavily fortified border in the second such shooting in less than 10 days, South Korean officials said. There were no reports of injuries or property damage, but the 10 minutes of shooting highlighted rising tensions between the countries.

The Koreas' first gunfire exchange came after North Korea opened fire at balloons carrying anti-Pyongyang leaflets that were floating across the border from the South. Sunday's shoot-out began after North Korea sent soldiers close to the border

line. The North's move was an attempt to increase worries in the South about what may happen if leafletting continues, analysts say.

South Korean activist groups, mostly made up of North Korean defectors, have been staunch in their vows to continue sending the leaflets, which Pyongyang considers propaganda warfare; one group says it intended to float about 50,000 on Saturday. North Korea has warned it will take unspecified stronger measures if leafletting continues.

**THE ASSOCIATED PRESS**



In this Sept. 17 file photo, two South Korean soldiers stand guard at a military checkpoint at the Imjingak Pavilion near the village of Panmunjom, which has separated the countries since the Korean War. **AHN YOUNG-JOON/THE ASSOCIATED PRESS**

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# Walk to Remember comforts parents

**Halifax.** Annual walk gives support and raises awareness of infancy loss



**HALEY RYAN**  
Metro in Halifax

Julie Marchand held her husband's hand as he pulled two of their children along in a red wagon amongst hundreds of others in Halifax Sunday, many in homemade shirts with ribbons painted on their faces.

About 400 people gathered at the IWK Health Centre and walked a one-kilometre loop around the building for the sixth annual Halifax Walk to Remember, which honours those children lost as a result of a miscarriage, stillbirth or neonatal loss.

"I have three children, one's just not here," Marchand



Parents and families participate in the sixth annual Halifax Walk to Remember on Sunday. JEFF HARPER/METRO

said with a small smile, her family wearing shirts bearing a picture of William, who was lost at 34 weeks in March.

Marchand said the hardest part has been the lack of acknowledgement that William was "here," or having people avoid the subject because they feel it's too sensitive — which Marchand said can be worse.

"This is really healing," Marchand said. "It's important to acknowledge loss."

Stacey MacLean, one of

the organizers who also lost a baby named William at 27 weeks, said it's important to bring attention to the issue because it's more common than people realize. Roughly 1 in 4 women will have a miscarriage or stillbirth in their life, she said.

Women and couples should know they can turn to the IWK and the Walk to Remember group for support in a different way than with family or friends, MacLean said.

## Bear attack. Hunter tells of saving father-in-law

Skeet Podrasky watched in horror as the massive grizzly pounced on his father-in-law, pinning him and lunging at his throat.

The pair had been out for a routine hunt the morning of Oct. 12 on the Podrasky family farm near Fernie, B.C. "We were just looking for an elk that we had shot at the night before," Podrasky recalled Sunday, speaking publicly for the first time since the terrifying encounter.

"We were just wandering through the brush and got pretty much ambushed."

As father-in-law Wilf Lloyd attempted to hold the bear back, his thumb even slipping inside the animal's mouth, he yelled at his son-in-law to shoot.

Podrasky had three rounds for his rifle and fired them all, hitting the bear twice. The wounded animal raced back into the bushes and Podrasky rushed to check on Lloyd. That's when he spotted the bullet wound in his thigh — the second round had hit Lloyd.

But the horror wasn't over. "I only had three bullets — I

was out," Podrasky said. "Then, the bear proceeded to charge again. It came right at us."

"Wilf was able to tell me where his gun was — it had gotten knocked when he got run over. That's how I finished the bear before it came back to get both of us. The bear was definitely going to finish him..."

Lloyd, a Cranbrook-area taxidermist in his mid-50s, was rushed to a Calgary hospital via STARS air ambulance and remains there. He's undergone two surgeries since the attack and doctors are considering amputating the leg that was shot. He suffered claw wounds on his arms and hands as well. Still, Podrasky said his father-in-law has kept in good spirits, all things considered.

JEREMY NOLAIS/METRO

### Fundraising

For information on the online fundraising campaign for Wilf Lloyd, head to [metronews.ca/calgary](http://metronews.ca/calgary).

### Aboriginal women

## Canadian Public Health Association joins call for inquiry

In a statement to be released publicly Monday on its website [cpa.ca](http://cpa.ca), the Canadian Public Health Association is calling on the federal government to assess any actions taken as a result of previous inquiries, reports and investigations into missing and murdered native women.

It also urges the Conservatives to heed a call from the World Health Organization to develop and implement an integrated action plan for violence prevention that addresses its root causes.

Those efforts should be led by First Nations, Inuit and Métis partners and engage all levels of government and civil society, the association says.

The voluntary, non-governmental association calls itself the independent voice for public health in Canada.

THE CANADIAN PRESS



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# Booze blamed for mayhem at a pumpkin festival

## New Hampshire.

Violence takes hold during a night of parties that led to destruction, arrests and multiple injuries

Violent disturbances near Keene State College during an annual pumpkin festival lasted until early Sunday and involved dozens of arrests and injuries, as well as police in riot gear using tear gas to disperse crowds.

Keene State student Ellery Murray told The Boston Globe



People in Keene, N.H. on Saturday during a night of violence. AP

that she was at a party Saturday that had drawn a large crowd when people started

throwing things.

"People were just throwing everything they could find — rocks, skateboards, buckets, pumpkins," she said. "People just got too drunk."

The parties around the school coincided with the annual Keene Pumpkin Festival, where the community tries to set a world record for the largest number of carved and lighted jack-o-lanterns in one place.

WMUR-TV in Manchester showed video of a crowd overturning a car, people running from tear gas clouds, street signs being torn down and fires burning in the streets.

THE ASSOCIATED PRESS



## Poles remember Father Jerzy Popieluszko

A pilgrim holds a picture of Polish Roman Catholic priest Jerzy Popieluszko during an anniversary ceremony in front of his parish church St. Kostka in Warsaw, Poland, Sunday. Poland is marking 30 years since Communist police murdered the now Blessed Father Popieluszko, who was associated with the Solidarity union.

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

### Hustler Magazine

#### Lisa Flynt critical

The daughter of Hustler publisher Larry Flynt has been seriously injured in an Ohio car accident and is in critical condition.

Lisa Flynt, 47, was ejected from her car Saturday. A 24-year-old passenger suffered minor injuries. THE ASSOCIATED PRESS

### China

#### Boy loses arm feeding bear

A bear in central China has bitten off the arm of a nine-year-old boy who tried to feed it. The attack happened Saturday afternoon. The boy put his arm through the bear's cage to feed it and it bit him.

THE ASSOCIATED PRESS

### Boat collision

#### South Korean tourists missing

Two tourists from South Korea are missing after a speedboat boat carrying them collided with a fishing vessel off southern Thailand. The boat was carrying 37 people. All others were rescued.

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## Canada starts shipping 800 vials of vaccine to WHO

The federal government says Canada will start shipping its experimental Ebola vaccine to the World Health Organization on Monday.

The government says in a release the Public Health Agency of Canada is supplying the vaccine to the UN body in Geneva in its role as the international co-ordinating body for the Ebola outbreak in West Africa.

It says Canada will ship 800 vials of its experimental vaccine in three separate shipments.

The WHO will consult with its partners, including the health authorities from the affected countries, to determine how best to distribute and use the vaccine. For instance, it must take into account concerns about using an experimental vaccine in people.

"This vaccine, the product of many years of scientific research and innovation, could be an important tool in curbing the outbreak," said Dr. Gregory Taylor of the public

health agency.

Meanwhile, Prime Minister Stephen Harper is warning Canadians not to be complacent about Ebola virus, suggesting it would be all too easy for the disease to come to Canada.

He brought up the current Ebola crisis on Saturday as he accepted the Rotary Foundation Polio Eradication Champion Award for Canada's efforts to eliminate polio globally. Harper said that much like polio, Ebola must not be underestimated.

"What has happened recently with Ebola reminds us that in an age of globalization and particularly global trade and travel, what was a problem that was at one time far away from us could arrive at our shores very quickly," he said.

The federal government announced Friday it was nearly doubling the amount of money earmarked to fight the outbreak. Canada has committed a total of \$65 million.

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In this August file photo, a Nigerian health official uses a thermometer on a worker  
SUNDAY ALAMBRA/THE ASSOCIATED PRESS FILE

## Fear of Ebola's Africa's image,

**Feeds into false ideas, fears.** 'It speaks to a whole discourse about the danger of Africa,' says African studies prof

"It speaks to a whole discourse about the danger of Africa," said Michael Jennings, a senior lecturer in international development at the School of Oriental and African Studies in London.

Africa has had a troubled image. Famine in Ethiopia, chaos in Somalia and genocide in Rwanda drove the idea of a continent in perpetual crisis. In recent years, an end to a number of wars and ensuing stability and growth pointed to a turnaround that some enthusiasts dubbed "Africa Rising." Now the economic impact of Ebola fears is being felt in many parts of Africa. Hotels, tourism operators and conference organizers are recording increasing cancellations.

In the United States, some parents fearful of deadly Ebola pulled children out of a school after the principal returned from Zambia, an African nation far from the area hit by the disease. In Geneva, a top UN official warned against anti-African discrimination fuelled by fears of Ebola.

The disease has ravaged a small part of Africa, but the international image of the whole continent is increasingly under siege.

Guinea, Liberia and Sierra Leone — the African countries afflicted by the Ebola outbreak — have a combined population of about 22 million on a continent with more than 1 billion people.

Their corner of West Africa encompasses an area the size of California, or almost as big as Morocco. Yet the epidemic feeds into a narrative of disaster on a continent of 54 countries that has seen some progress in past years, and false perceptions of Ebola's reach are hurting African business distant from the affected areas.

Thirty international buyers pulled out of an annual tourism expo that began Thursday in Zimbabwe's resort town of Victoria Falls, said Karikoga Kaseke, the national tourism agency chief. He said business travellers from China and Malaysia were among those who recently cancelled trips, and Jamaican musicians have also skipped Zimbabwean shows.

The southern African country is more than 4,800 kilometres from Ebola-hit Liberia, or about twice the distance between London and Moscow.

THE ASSOCIATED PRESS





at the arrivals hall of Murtala Muhammed International Airport in Lagos, Nigeria.

# spread affect economy

## Fighting the outbreak

### U.S. officials announce updates to protocols, new support team

Revised guidance for health-care workers treating Ebola patients will include using protective gear "with no skin showing," a top federal health official said Sunday, and the Pentagon announced it was forming a team to assist medical staff in the U.S., if needed.

Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases, said those caring for an Ebola patient at Texas Health Presbyterian Hospital in Dallas were left vulnerable because some of their skin was exposed.

The federal Centers for Disease Control and Prevention is working on revisions to safety protocols. Earlier ones, Fauci said, were based on a World Health Organization model in which care was given in more remote places and without intensive training.

On Sunday, the Pentagon announced that Defence Secretary Chuck Hagel had



A health-care professional shows how to use Personal Protective Equipment at a Toronto hospital.

CHRIS YOUNG/THE CANADIAN PRESS

ordered the formation of a 30-person support team from across the services to assist civilian medical professionals in the U.S. if needed to treat Ebola.

The team would not be sent to West Africa or other overseas locations, and would "be called upon domestically only if deemed prudent by our public health professionals," Pentagon press secretary Rear Adm. John Kirby said.

THE ASSOCIATED PRESS

## Thomas Eric Duncan

### Quarantine ends for Ebola victim's friends and family

As her boyfriend Thomas Eric Duncan lay dying of Ebola in a Dallas hospital bed, Louise Troh battled loneliness and fear that she too had contracted the disease while confined to a stranger's home under armed guard.

Troh's confinement ended

Sunday night, along with that of several friends, family and others who had contact with Duncan after he first became infectious. Ebola has a 21-day incubation period.

After three long weeks, Troh will be able to have a clean bill of health, leave the house and be done with twice-daily temperature readings by government health-care workers. She likened the quarantine period to being a prisoner.

THE ASSOCIATED PRESS

## Carnival Cruise Lines

### Ebola scare aboard cruise ship

A cruise ship carrying a Dallas health-care worker who was being monitored for Ebola returned to port Sunday after an eventful seven-day trip in which passengers had their vacations briefly disrupted with an infectious disease scare.

A lab supervisor who handled a specimen from a Liber-

ian man who died from Ebola at Texas Health Presbyterian Hospital in Dallas showed no symptoms during the cruise but self-quarantined out of caution.

Carnival Cruise Lines said it was informed by health authorities Sunday morning that she tested negative for Ebola.

The Ebola scare added some drama to the trip for the more than 4,000 passengers on board.

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## Lebanon. Tehran pledges aid to military

Iran said Sunday it is ready to provide modern military equipment and strategic assistance to the Lebanese army — while continuing to aid the Shiite Hezbollah group — to help combat Sunni extremists.

The promise of aid comes after Iran's regional rival Saudi Arabia pledged \$3 billion US to Lebanon's armed forces, and will be seen by many Lebanese as part of a competition for influence over the tiny country. Lebanon is gripped by sectarian tensions and bitterly divided over the Syrian civil war, with Sunnis supporting the Sunni-led rebels and Hezbollah sending fighters to bolster Syrian President Bashar Assad's forces.

Iran is a main backer of Hezbollah. Lebanon's army, particularly its intelligence unit, is seen by many Sunnis as partial to Hezbollah.

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## Giant robots battle in Beijing

French production company La Machine's latest creation the Long Ma, or Dragon Horse, spews fire next to a mechanical spider, which is also known as La Princesse, during a performance in Beijing Sunday — the climax of celebrations marking the 50th anniversary of Sino-French diplomatic relations. **ANDY WONG/THE ASSOCIATED PRESS**

diplomatic relations. **ANDY WONG/THE ASSOCIATED PRESS**

# Executions in Iraq number 60-plus; UN expresses alarm

**Miscarriage of justice?** Many of the convictions are based on questionable evidence, says UN special envoy to Iraq

Iraqi authorities have executed at least 60 people so far in 2014, a United Nations report said Sunday, expressing concern that "irreversible miscarriages of justice" were taking place in some death penalty cases.

Nickolay Mladenov, the UN special envoy to Iraq, urged the Iraqi government to reconsider its position on the implementation of the death penalty. Mladenov said the high number of execu-

## Death penalty

The death penalty, used under longtime dictator Saddam Hussain and briefly cancelled after the U.S.-led invasion in 2003, was restored in Iraq in 2005.

- Hanging is the primary method used, and death sentences are applicable for a range of offences, including acts of terrorism.
- As of August 2014, some 1,724 Iraqi prisoners were awaiting execution, according to the UN report, citing Iraqi justice ministry figures.

convictions are based on questionable evidence and systemic failures in the administration of justice.”

The UN report said the figure accounted for executions carried out during the first nine months of 2014.

Meanwhile, a suicide bomber set off his explosive belt near a Shiite mosque in Baghdad's western district of Harthiya, killing 18 people, mostly Shiite worshippers, and wounding 32 others, said police officials. Just north of Baghdad, police said a roadside bomb hit an army patrol, killing three soldiers and wounding four others.

Nobody has claimed responsibility for the attacks. The Islamic State of Iraq and al-Sham, however, considers Shiites heretics.

**THE ASSOCIATED PRESS**

tions in Iraq is "alarming, especially since many of these

[illegible]

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Energy

## India overhauls fuel regime, raises natural gas tariffs

India freed diesel prices from government control Sunday while raising natural gas tariffs in the biggest yet reform by Prime Minister Narendra Modi's government, as it aims to boost the country's

economy and overhaul its energy sector.

The decision on diesel targets one of India's costliest subsidies for one of the world's dirtiest fuels. Those subsidies — meant to help poor farmers using diesel-powered water pumps — led the country to consume more than four times as much diesel as petrol, at large cost to the national budget.

THE ASSOCIATED PRESS

Ebola

## Brussels Airport to begin screening passengers for Ebola virus

Brussels Airport says it will begin screening passengers arriving from Ebola-stricken countries Guinea, Liberia and Sierra Leone.

The airport operator

says passengers arriving from these three countries will have their temperatures taken starting Monday.

Four flights a week from the areas concerned arrive weekly at Brussels Airport.

Similar measures began Saturday at Charles de Gaulle airport in Paris, where one daily flight arrives from Conakry, Guinea. THE ASSOCIATED PRESS

Hackathon

## Business groups want whiz kids to end border delays

Frustrated by costly delays at the Canada-U.S. border, the business community is urging governments to seek solutions from private-sector whiz kids.

The national governments

are being pressed to adopt a model popularized by high-tech startups during the dot-com boom in the 1990s: gather a bunch of software engineers in one room, give them a problem to solve and promise a prize.

Business groups are requesting what they call a "hackathon" for the border, unsatisfied by government efforts to reduce wait times.

THE CANADIAN PRESS

# Microsoft mines profits, users with acquisition



HOW TO ROLL  
Alison Griffiths  
investing@metronews.ca

What has 11 million likes and nearly 95,000 people interacting on Facebook? That would be Minecraft.

Okay, perhaps the numbers pale compared to those on the pages of Shakira, Coca-Cola and the late Bob Marley (who says death is the end of life?). And granted, Minecraft isn't in the same league as the insanely popular online game League of Nations with more than 20 per cent of worldwide game-playing time.

Minecraft attracts just over 2.6 per cent of gamers at any given time.

But the numbers are impressive considering that the majority of those playing this Lego-like game aren't on Facebook and belong to a cohort still

### Minecraft by the numbers

- 14,000 copies sold daily
- 20 million sold since its inception in 2009

under the thumb of parental oversight.

One marketing expert recently wrote that the skills developed while playing Minecraft include learning about 3D modelling, APIs, integrated development environment and protocol analysis. I'm sold — play on, kiddies!

All of this is what attracted the attention of Microsoft and convinced it to shell out \$2.5 billion earlier this month to purchase Mojang, the maker of Minecraft.

Big companies have been buying smaller ones ever since one fish ate another. But this purchase signals a shift in the

gaming industry.

In the tech sphere, acquisitions most often happen to gain expertise, technology, access to users or the ability to connect a product with proprietary platforms. Rarely do tech acquisitions happen for profits alone.

But the Mojang purchase offers all of the above to Microsoft. The old-fart behemoth suddenly owns a mountain of young users and the expertise needed to continue to attract them. Minecraft is one of the few games available on all major devices. And miraculously, Mojang is profitable with real and growing revenues.

Minecraft believers can buy into the technology by investing in Microsoft. The downside is you are purchasing dozens of other non-game divisions including decliners such as desktop computing. On the other hand, such diversification is far less risky than buying a one-product stock.



## Wallets lighten up during festival of lights

An Indian woman looks at jewelry as people throng a market for shopping on the last Sunday ahead of the Diwali festival in Ahmadabad, India. Diwali, an ancient Hindu festival known as the festival of lights, will be celebrated on Thursday.

AJIT SOLANKI/THE ASSOCIATED PRESS

# Intelligence agency links cash to Islamic militants

Canada's financial intelligence agency says it is actively helping police and spies follow the money flowing into the coffers of Islamic extremists fighting overseas.

The Ottawa-based Financial Transactions and Reports Analysis Centre of Canada, known as FinTRAC, has passed along information to investigators as part of the government's effort to combat the Islamic State of

Iraq and al-Sham (ISIS), says centre director Gerald Cossette.

The agency's access to information about banking and financial transactions allows it to see links between people and groups in Canada and abroad that support terrorist activities — including radicalized Canadians bent on waging guerrilla-style war in strife-ridden Iraq and Syria.

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# 'EDMONTON: A GREAT CITY'? PROVE IT

Holidays, which invariably fall on a Monday, play havoc with picking a topic for this column.

It often means that an issue on which I want to comment can seem dated by the time almost two weeks have gone by. Fortunately, some issues remain issues no matter how much time has elapsed. So let's play catch-up.

When I looked at the on-line petition asking the city to stop using photo radar as a cash cow, more than 15,000 people had signed it.

To me that says we have a real issue. I am not big on people thinking they have the right to speed and not get caught. But there is a bigger issue. As the petition maintains, if the city wanted to use photo radar to keep our streets safe, it would be placing units in places such as school zones and high pedestrian areas where speed and safety are of utmost concern. I have to agree.

So it would appear that a lot of Edmontonians think this



**URBAN COMPASS**  
**Terence Harding**  
edmonton@metronews.ca

issue should be front and centre with our civic politicians. But what are they concentrating on? Well they are still debating our city's slogan and pretending to have some insight into branding. How about we just say, "Edmonton: A great city." And then go about proving that it is a true statement.

What is one councillor looking to do? Well, banning smoking in Winston Churchill Square. No doubt for many, cigarette smoking is an annoyance.

But you would be hard-pressed to find any other reason to ban it outdoors. The argument that it is a health concern is specious at best. But it is an easy thing to take on and no one can accuse our city councillors of taking on big civic issues. Another councillor wants to keep more body rub parlours from opening — another pressing civic issue that I am sure has been much on your mind. Much better to straighten the pictures

## Front and centre

What are they concentrating on? Well they are still debating our city's slogan and pretending to have some insight into branding. How about we just say, 'Edmonton: A great city.' And then go about proving that it is a true statement.

than deal with the house being on fire.

The mayor is shocked and stunned that the NAIT line LRT is delayed yet again. He has vowed to make someone accountable. That surprises me. That wasn't his reaction when it was revealed that the photo radar fiasco resulted in a loss of \$47 million. It wasn't his reaction when the LRT was delayed the first time or the second time.

Apparently, it takes a lot to get his dander up.

## Metro Bitstrips caption contest Today's winner: Michele Benefield



## Become a cartoon star!

Visit [metro.bitstrips.com](http://metro.bitstrips.com) on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.



## WE ACT: CANADA DOES GOOD

B.C. youth finds courage to pursue passions, even live on Mars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Paige Hunter, youngest candidate in the Mars One Project, New Westminister, B.C.

**What:** Motivating youth as a We Day speaker to be authentic in the pursuit of their dreams.

**Why:** When one is confident, no dream is too unrealistic — even living on another planet.

Changing the course of history can come from one small decision. For 19-year-old Hunter, deciding to sign up for the Mars One Project was a no-brainer — she saw it as a chance for adventure and possibly finding new territory for the human race to inhabit.

While the idea may sound far-fetched to some, Hunter says it is essential that youth follow their dreams, no matter how outlandish. At We Day Vancouver on Oct. 22 at the Rogers Arena, she'll explain how her passion, confidence and decision-making landed her as the youngest person on the list to travel to

## The importance of confidence

"Confidence comes from being genuine and I think people who are insecure are trying to be something that they're not. Be unapologetically you — it's the best way to be." Paige Hunter, 19

the red planet.

**How will you relate being on the Mars One list to youth at We Day?** "I'll be speaking about my very real, personal experiences to demonstrate that it's 100 per cent possible for me and anyone to achieve what they think is important and pursue any injustice in the world. I think it's really important for youth to understand there's no magic formula to make opportunities happen — of course a bit of luck is involved — but it's what a person does in their day-to-day life and all those little decisions made daily that add up to a bigger experience."

CRAIG AND MARC KIELBURGER

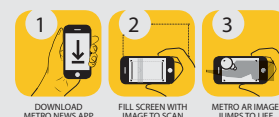


## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 18 in Scene and page 26 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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By recounting his life as a game book filled with multiple paths and endings, NPH takes you for a roarily funny time through cocktail recipes, boyfriend scribbles, geeky magic tricks, and celebrity interruptions. The intimate details are still there, just playfully told for your entertainment.

Box office

## Fury rolls right over Gone Girl

The Second World War drama *Fury* blew past *Gone Girl* at theatres this weekend. *Gone Girl* was tops for two weeks before Brad Pitt and his ragtag tank mates in *Fury* blasted the film to second place. *Fury* captured \$23.5 million in ticket sales during its opening weekend, according to studio estimates Sunday. *Gone Girl* followed with \$17.8 million. **THE ASSOCIATED PRESS**

# Meghan Trainor is bringing booty back to the big time

## All About That Bass.

Singer's playful pop anthem rocks bottoms to the top of charts

PAT HEALY

Metro in Boston

Meghan Trainor is speechless, and it's not because her song *All About That Bass* has been dominating the Billboard Hot 100 chart for weeks.

She's speechless because she's been singing the song so much that she blew her voice out. We were supposed to talk about Bass on the phone with Trainor, but her doctor made her go on strict vocal rest and cancel all interviews and performances until she got her voice back. So we emailed the Nantucket-born and raised singer, and she seemed happy to answer our questions that way.

**Congratulations on another week at No. 1. More than 130 million people have viewed *All About That Bass* online. Were you prepared for this song to be this huge a hit? What's the biggest adjustment in having a song that everybody knows?**

I was not prepared at all. Never thought it would be this huge. It's unbelievable, though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.



Meghan Trainor SARAH MCCOLGAN

**The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about "skinny bitches" and how even people who could be characterized as such probably also think they're fat? I have plenty of skinny beautiful friends that people**

would assume are confident "bitches" but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size and I'm glad most people can relate and see I didn't set out to shame skinny people.

**And now I have a few less serious questions about that song: Did your mama really**

**tell you that "boys like a little more booty to hold at night"? I'd like to know a little bit more about the context of that conversation.**

She always tells me "don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

**I had read somewhere that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college. How did that conversation go, or was it just understood right from the beginning of your music career?**

It was always understood. I got a (songwriting) publishing deal when I was 18 years old, so I was still in high school. Yes, I applied to college and got in but my father said, "You will learn way more by doing it than going to school to learn about it."

**The music on most of the songs from your EP, *Title*, seems rooted in both doo-wop and hip-hop. What kind of music did you grow up with in the house?**

I grew up listening to soul/R&B/funk/'50s. So all over the place! I didn't know who The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

**You paraphrase Justin Timberlake's *Sexyback* in Bass when you sing the line, "I'm bringing booty back." Have you heard from JT?**

Only in my dreams. But yeah, I'm still waiting for that shout-out!

2 SCENE



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16

SCENE

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Monday, October 20, 2014

# Tolman's streak of pluck runs out as Fargo's Molly

**Beloved character.** Series run is up for actress who loved her first TV role as much as fans took to the part she played

Allison Tolman says it feels "bittersweet" to not be returning to FX's Fargo.

Her plucky performance as Det. Molly Solverson won her hordes of fans and an Emmy nomination. But the second season will be set in the past, meaning Tolman won't be back.

"I'm so sad to not be going back with them because it was such an incredible, golden time for me,"

said Tolman in a telephone interview. Showrunner Noah Hawley has admitted it's a "crime

and a tragedy" to let go of Tolman, a previously unknown actress whose Molly quickly won the hearts of fans and critics. But he said it would be "disingenuous" to give her character another wild, Coen brothers-esque case to solve, so he decided to set Season 2 in 1979.

"I got my butt to L.A. pretty fast as soon as I



Allison Tolman as Molly Solverson in the show Fargo. CHRIS LARGE/FX

found that out," said Tolman with a laugh. "I certainly didn't want to squander this awesome opportunity that I was afforded by landing this role ... It feels like a lot of responsibility. There's a big potential for a sophomore slump."

Season 1 of Fargo is available on DVD and Blu-ray now. The 10-episode story followed Molly and another officer, Gus Grimly, as they tried to solve a series of murders linked to hapless insurance salesman Lester Nygaard and violent criminal Lorne Malvo.

Tolman, 32, had been temping as a receptionist at a consulting firm when she auditioned for Molly. She had moved to Chicago from Dallas about five years earlier to study at Second City's famed comedy program.

She felt the chances of her

landing the Fargo role were "far-fetched," but she threw in a tape anyway. Tolman didn't even tell her family and friends that she made it through callbacks. When Hawley finally phoned her to tell her she had won the part, she was "stunned."

Tolman had been working as an actress for years, whether in theatre or commercials, or improv and sketch comedy. But Fargo marked her first television series.

Tolman said she didn't realize how instrumental her character would be in the storytelling until she received the script for episode two. She also didn't anticipate how beloved Molly would be among fans and critics.

"I was mostly concerned with the show being well-received and well-loved, so I didn't really think about this character and what that meant for me. So it was really awesome to watch people take to her so fondly and in turn take to me so fondly for bringing this character to life," she said. **THE CANADIAN PRESS**

\*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / TM RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.



# Schwartzman plays a horrible, no-good jerk

**Listen Up Philip.** Actor contemplated making film's protagonist a little more likable, but then just went full-throttle despicable

**MATT PRIGGE**  
Metro World News in New York

When he received the script for *Listen Up Philip*, Jason Schwartzman was taken aback both by the material — in which he plays a novelist who consciously decides to be more of an a—hole, including to his girlfriend (Elisabeth Moss) — and the size of the script. It was as big as a phone book.

"It was very well-written — which I admire, because a lot of scripts aren't. They're just blueprints, just to get simple ideas across," says Schwartzman. "But Alex's read like you could just read it and not have to see the movie, in a weird way. The pleasure of reading it was nice, but very uncomfortable."

That's a good thing, too, since Schwartzman wound up rereading it often. Jeff Goldblum, a fellow actor in *The Grand Budapest Hotel*, gave him advice. "He told me when he gets a job, he reads the script every day, from start to finish. That could be 40 times he might read a script. I decided I wanted to try that, to read the



Jason Schwartzman is a rude, dismissive novelist in *Listen Up Philip*. CONTRIBUTED

Jeff Goldblum way," he says. Part of that was out of necessity. "It's so dense, there's so much dialogue. It's only going to work if you know it and can say it fast."

He had to contend with playing a character who, for most people, will be unlikeable: rude and dismissive and insulting, burning bridges because he feels he can, who idolizes a miserable, Philip Roth-y hero (Jonathan Pryce). But softening him, Schwartzman argues, would make him worse. "Every time we'd experiment with making him more likable, we'd make him more unlikeable, because he became passive-aggressive — which I feel is the worst. If you're passive-aggressive, that's the lowest," Schwartzman says. "It became great that Philip was so direct and clear. You kind of always knew where you stood with him. There's something fun about that. If the character was saying mean things only here and there, it'd be a different movie. But it's so extreme, it's in the red. You just had to say, 'F— it, this is going to be in the red. Let's just play it loud.'"

Not that his better half is all that better. Moss told Schwartzman that she wanted to play her character, Ashley, like a version of Philip. "They're not that different. Even though she's sweeter, she, too, is self-consumed. She wouldn't be an easy person to date," he says.

*Listen Up Philip* opens in select theatres this month.

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# Getting to know Sarah Gadon

**Dracula Untold.** Canadian talks about her studies at University of Toronto, working on big films

**MATT PRIGGE**  
Metro World News in New York

**Where you've seen her:**  
A performer on TV and film since she was a kid, the Can-

adian-born actress has appeared in three David Cronenberg films, including *Cosmopolis* and *Maps to the Stars*. Gadon also played the second Jake Gyllenhaal's pregnant wife in *Enemy*.

**Where she is now:**  
She plays the goodly wife of Vlad III Tepes, a.k.a. Vlad the Impaler, in the origin story/reboot *Dracula Untold*.

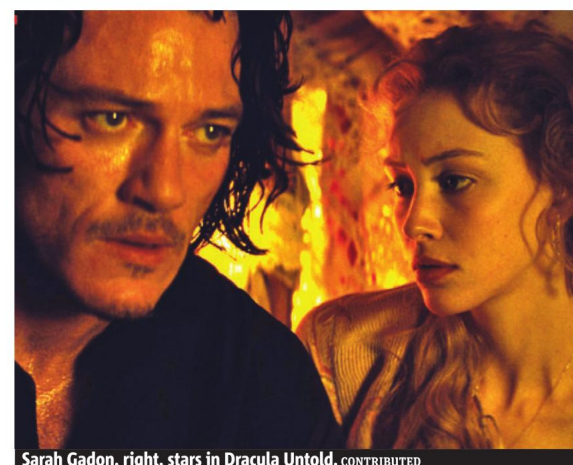
**Where she's going:**  
Gadon will play Queen Eliza-

beth II as a young princess in *Girls' Night Out* and appear in the thriller *The 9th Life of Louis Drax* with Aaron Paul, out next year.

**Which Dracula she loves the most:**  
"I grew up with Bram Stoker's *Dracula*, the Coppola version," Gadon says, citing that *Untold* essentially stretches out its first 10 minutes into a feature-length film. She was also a total Buffy the Vampire Slayer head growing up.

**Why vampires never die (as an art form):**  
"We return time and again to vampires as a metaphor. It touches on basic human themes of love and death and struggle."

**What *Dracula Untold* does to the series:**  
"Each version of the story speaks to its specific time. Our film is no exception. It's taking the *Dracula* story and putting a contemporary Hollywood stamp on it."



Sarah Gadon, right, stars in *Dracula Untold*. CONTRIBUTED





Jude Law

## The Law of Jude: Exes must part with a baby

You probably didn't have any doubts about Jude Law's virility, but just in case, the Sherlock Holmes star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship," they "are both wholeheartedly committed to raising their

child." If this all sounds familiar, it's because Law had his current youngest child, five-year-old Sophia, under similar circumstances, announcing that ex-Samantha Burke was expecting after they'd split up. He also has two children with ex-wife Sadie Frost. A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.

### Twitter



@katyperry

I love when I meet a person so smart they short circuit during their conversation



@lenadunham

You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?



@RebelWilson

Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week



## Hugh puts the Cleaver into reprising Bridget Jones character



STARGAZING

Malene Arpe  
scene@metronews.ca

Hugh Grant will not be in the third Bridget Jones film. But he promises he will join everyone else in not watching the movie.

Megan Fox says she has "lived many past lives" with husband Brian Austin Green. Megan, sweetie, you have not. It just seems like it when he asks for his

allowance for the 70th time.

This week in Peculiar Occurrences: 1) Esquire's sexiest woman alive, Penelope Cruz refuses to talk about pretty much everything in her interview with the magazine. 2) Idiots who spent \$20,000 on Hermes Birkin bags are now returning the bags claiming they smell of weed. 3) Harry Styles is observed exiting his car for the purpose of vomiting. 4) Amal Alamuddin takes new husband George Clooney's name.

Reese Witherspoon thinks last year's arrest for DUI "showed I have a complexity that people didn't know about." After she finishes stalking Miley Cyrus and shoplifting at the zoo, she hopes that we'll know her completely.

### Avatar Secrets



## Episode 5: Perception

Back in New York, Ramona feels the pull of nostalgia, and, against her better judgment, she calls Blake, her ex-boyfriend. For a moment, it seems perfect. But it's not real. "The digital is real, and what we're doing face-to-face is often quite virtual," says Nathan Jurgenson, a sociologist and co-founder of Cyborgology. Scan this photo for a video of Jurgenson talking about digital dualism.



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit [metronews.ca/avatarsecrets](http://metronews.ca/avatarsecrets) over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series!

## Russell Brand heads to the Fox den to do battle

Russell Brand doesn't take nicely to having a talk show appearance cancelled. The comedian and upstart says he was planning to appear on Fox News' Hannity to discuss some hot-button topics until he was told not to bother. So instead he grabbed a laptop and a camera man and did a segment of his own web series, The Trews, on the sidewalk outside Fox's New York City headquarters — until security told him to knock it off. And threatened to have him arrested.



Russell Brand

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# Stop treating your credit card like a bottomless cookie jar

**Debt trap.** The only way to truly take control of your life is to stop spending beyond your financial means



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

People stop me on the street, in the mall, at the supermarket to ask me if the people who appeared on my TV shows were real and, by the way, how could they ever get themselves into so much debt.

It's easier than most people think.

A credit card is kind of like a bottomless cookie jar. With easy access to credit, there's no reason to wonder when the treats will run out, and you are never disappointed.

Want a new outfit? Just stick it on a credit card. Want dinner with a bunch of friends? Ka-ching, ka-ching. Desperately in need of a sunny vacation to beat the winter blues? There's room on the card and that's just what it's for, right?

When credit became a commodity and lenders started hiking limits and offering incentives to take on more cards, people started behaving like greedy children, gobbling cookies without a thought to the tummy ache that would eventually follow.

Now, Canadians think nothing of spending more than they make every year. Hey grown-ups, before you think to chastise a child for anything, think about your own lack of self-control!

How did we get so much credit? All you needed was a nice, shiny credit score and you could have all the credit you wanted.

Do you know that people who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances in full every month? Why? Because they're more profitable customers, so they score higher.

Do you want to be some company's dream customer, paying gobs of interest and twisting in the wind when the company decides



Sometimes there are cookies in the jar of life, and sometimes there are not. iSTOCK

## Counting on credit

**People who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances every month**

to change the rules of the game? Or do you want to be in charge of your money and your life?

Focusing on your credit score is a trick, a distraction from the real issue: You have to learn to live within your means.

Credit cards only serve you when you have the power. Give the power to the creditor and you're a puppet,

jumping and twitching. So, do you want to be some credit card company's puppet? Like the feeling of twitching when collectors call? No? OK then, it's time to retake control.

Being in charge means being out of debt. It means paying off your balance in full every single month. It means having only as much credit available as suits your needs.

Living within your means isn't as hard as some people think.

Yes, you have to make choices. And yes, you may have to wait a while before you can take that vacation.

But when you stop treating your cookie jar like it has no bottom and start living within your means, you'll be in charge.

Sometimes there are cookies, and sometimes not. And if there are no cookies for a while, that's not the end of the world. You just have to get busy baking!

**WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO [MYMONEYMYCHOICES.COM](http://MYMONEYMYCHOICES.COM) AND FOLLOW THE ROADMAP TO SUCCESS.**

## How we got into this mess

Equifax Canada is predicting that our consumer debt levels will hit \$1.4 trillion in 2014. Here's why:

**1** People are paying only the minimum required on their credit cards. Those tiny payments are easy to work into their cash flow and, since people are loathe to add up what they actually owe, make people feel their debt is manageable. Ditto the debt on lines of credit.

**2** We simply don't understand or won't accept the fact that all that consumer debt is "callable." That means, at the bank's whim, you can be asked to repay what you owe in its totality and, if you can't, you'll be sent to collections immediately. When my girlfriend, Victoria, and I talk about this, we scratch our heads. A stockbroker back in the day, Victoria tries to enlighten her friends and acquaintances. In response they say things like, "Oh, the bank would never do that." Yes, they would.

**3** Folks won't live within their means. All that keeping up is going to end up costing a lot of them their financial security — something far more important than snappy shoes or the latest toy. For the people who would rather have granite countertops than a six-month emergency fund, it is only a matter of time before all that debt catches up with them.

**4** Our net worth has grown and we keep being told that all the debt we have is OK because, hey, look at how much we have in assets. Here's the problem with that argument. Let the stock market change direction, or let the real estate market see a correction, and you'll watch your net worth plummet. The debt? Well, it's here to stay. As solid as concrete tied around your neck, that debt is going nowhere unless you're prepared to declare bankruptcy. And even then, you'll live a very frugal life for the time it takes to get back to even.

# 3 TIPS



**Money 101.** Two couples, one year to make them richer

# Building future financial foundations



In only 10 months, our two Metro Money Couples have improved their net worth by more than \$70,000. As we near the end of 2014, it is my mission to send each couple into the future with a rock solid financial plan. – *Lesley-Anne Scorgie*



Anne-Marie and Peter are putting together the next steps for each of their financial goals. SHUTTERSTOCK

## Anne-Marie and Peter

Anne-Marie, Peter and their daughter recently returned from a 10-day holiday in Ireland, followed by Thanksgiving weekend with family in Moncton, N.B. Thanks to their credit card points and a free annual companion flight, the couple was able to reduce their flight expenses to less than \$1,000.

While away, Anne-Marie and Peter stayed with friends and family, further reducing their travel expenses. All in, the well-planned trip cost less than \$1,800 by saving in advance through regular monthly contributions into their high-interest savings account.

Upon their return, Anne-Marie, who is on parental leave, learned her employer plans to lay off up to 3,000 staff in the coming years. She is nervous, but has been assured by her employer that her seniority, high level of education, and bilingual language skills count heavily towards her job security.

Peter returned to much better news from his employer — they are thinking of giving him a sizable raise and promotion that he has been hankering for over the past three years.

This month, our focus was to lay the foundation for Anne-Marie and Peter's five-

### Anne-Marie and Peter recap

- |  |   |
|--|---|
| • Location: Toronto  | ted to paying off debt  |
| • Ages: 37 and 33  | • Rent or own: Rent   |
| • Occupations: Broadcasting and sports editing   | • Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment  |
| • Total household income: \$110,000  | • Current net worth: \$105,000  |
| • Life stage: First child arrived in May   | • Homework from last month: Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser |
| • Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed |   |

year financial plan. Every great financial plan is rooted in the principle of steadily growing net worth each year, while working towards common goals. Thus, I asked Anne-Marie and Peter what their specific goals for the next five years are and when they plan to accomplish them.

The goals were: Attain better life insurance (one year or less); debt freedom (one year or less); get a raise or a different job for Peter (one year or less); expand their family (one to three years); buy a home (three to five years); grow investments to

\$250,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Most notably, Anne-Marie and Peter's investment goals are aggressive, as is their need to save a down payment.

### Homework

Over the course of the next month, I will help Anne-Marie and Peter put together the next steps for each of their goals. Their homework is to prepare a high-level, five-year budget that will accommodate their goals.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose would like to save money so their children can afford various activities. SHUTTERSTOCK

## Carolina and Jose

Throughout the past month, Carolina and Jose have spent more than usual having fun with friends and performing low-cost home maintenance. They also received partial financial assistance from their condo association for the removal of trees and debris as a result of a freak snowstorm in September.

Between the costs of their social endeavours, home improvements and snowstorm cleanup, they are feeling financially squeezed. It's time for serious frugal living from now until the end of the year.

Thankfully, Jose's salary is up for review later this month, and his company is considering making him the safety manager for his entire division. This potential raise would equate to approximately \$5,000 per year, a significant improvement to the couple's budget.

Now that the couple has officially settled into their new home, and Jose's job continues to improve, they are ready to turn their attention to their eventual retirement. Jose and Carolina have expressed concerns that their student debt is preventing them from being able to save money. But we have found an opportunity within their budget, approximately \$100

### Carolina and Jose recap

- |   |  |
|---|--|
| • Location: Calgary                                     | a budget, purchased a home, are frugal, and have no retirement savings |
| • Ages: 33 and 32                                       | • Rent or own: Own   |
| • Occupations: Stay-at-home mom and roofing             | • Top goals for 2014: Pay off debt, buy a house, and visit family      |
| • Total household income: \$62,000                      | • Current net worth: – \$3,000   |
| • Life stage: Three daughters, aged five, three and one | • Homework from last month: Begin exploring investments                |
| • Financial savvy: Medium — they have established       |  |

per month, that they can use toward building their RRSPs.

As the first step in establishing their financial plan, Jose and Carolina shared the following goals and time frame to accomplish them for the next five years.

The goals were: Establish RRSPs (one year or less); attain life insurance (one year or less); open an RESP for each child (one to two years); afford activities for each child (two to three years); find a part-time job for Carolina (three to five years); debt freedom from student loans and line of credit (five years); get a bigger home (five years); grow investments to \$50,000 (five years); travel (ongoing);

grow income three to four per cent annually (ongoing).

Also of note is that Jose and Carolina would like to save up to take a vacation — just the two of them — for their 10-year wedding anniversary, which is fast approaching. They will need to tuck away approximately \$6,000 to make that dream a reality.

### Homework

Similar to Anne-Marie and Peter, Carolina and Jose's homework includes building a five-year budget around their five-year goals, as well as opening up their RRSPs.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELLED.



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# Italian inspiration

**Shrimp with White Beans, Lemon and Pesto.** If you have a skillet and a few staples, you have a quick meal



**ROSE REISMAN**  
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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

This hearty meal is similar to a classic dish that comes from Northern Italy.

The beans and pesto blend really well with the olives and grilled shrimp.

Beans are a high-quality carbohydrate that is rich in vitamins, minerals and fibre. They can help lower cholesterol, high blood pressure, triglycerides and reduce the risk of heart disease, Type 2 diabetes, obesity and osteoporosis.

Beware of store-bought pesto that contains excess oil. You can also make your own pesto using whatever herbs are in season. I like to use a combination of basil, parsley and cilantro for a



This recipe serves four. ROSE REISMAN

twist on the traditional.

### Directions

**1.** Either grill or sauté shrimp in a skillet sprayed with vegetable oil just until cooked (about 5 minutes). Set aside.

**2.** In a large skillet sprayed with vegetable spray, add the oil and sauté the onion and garlic for 5 minutes on medium heat until soft and lightly browned. Add the beans, pesto, stock, lemon juice, and olives and cook for 2

minutes until the dish is warm.

**3.** Place on serving plate and top with shrimp, feta and tomatoes.

**THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

### Ingredients

- 12 oz large shelled shrimp (tail left on)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 tsp minced garlic
- 1 1/2 cups canned white navy beans, drained and rinsed
- 1/4 cup store-bought or home made pesto
- 1/3 cup low-sodium chicken stock
- 1 1/2 tbsp lemon juice
- 1/4 cup chopped black olives
- Garnish**
- 1/3 cup crumbled reduced-fat feta cheese (1 1/2 oz/45 g)
- 1/2 cup diced tomatoes



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### Lessons from the desert

## What will drift away with the desert and stay solid on the ice?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



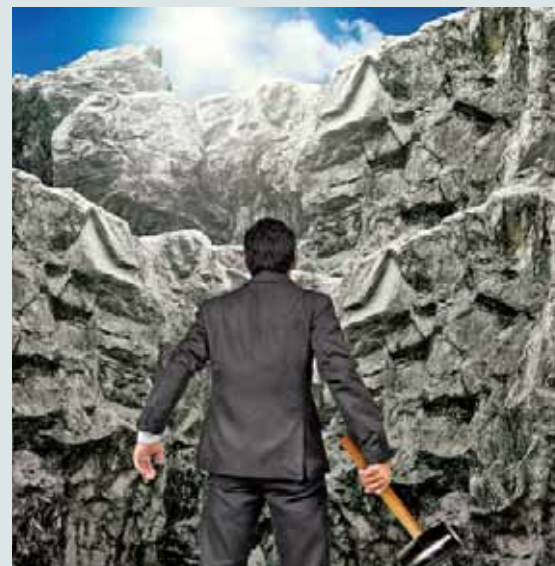
**LESSONS FROM  
THE DESERT**  
Stéfán Danis  
life@metronews.ca

When adversity visits us, it is an invitation to reflect on how we can better prepare to face it effectively.

As I head out to Antarctica for my fourth multi-stage ultra-marathon, even though the race is identical in format to the previous ones, my preparation is vastly different.

For Antarctica, I applied the time-tested and simple review of determining what I will stop, start and continue to do, as well as considering what aspects of my preparation techniques need to be adjusted or changed.

• **Stop:** Worrying! With experience and confidence, there is no use wasting energy fretting about it. I am just enjoying the journey irrespective of Antarctica's unique challenge.



Every new adventure is an opportunity to assess how previous approaches panned out. ISTOCK

### Same race, different pace

As I head out to Antarctica for my fourth multi-stage ultra-marathon, even though the race is identical in format to the previous ones, my preparation is vastly different.

• **Start:** I run with weight anklets to replicate the snowshoes or heavier shoes with crampons I will need during the race.

• **Continue:** Being superstitious. I will use the same old and torn backpack.

• **Change:** I have shortened my running stride to be lighter on the unpredictable snow and ice surface.

When adversity awaits us, be it personally or at work, we are forced to rapidly reclaim time to deal with the new issues we will encounter.

While becoming more

effective and efficient might be enough to make it through, to thrive we also need to shed old activities to redirect energy to the new challenge.

In contrast, when not confronted with adversity, the most proactive response is to prepare for what is inevitably coming our way.

If we have already stopped certain activities, thus creating some slack in our routine, it is easier to seize the next challenge and turn it in an opportunity.

**STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.**

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# Breaking the ice, one bonbon at a time

Dear Metro,  
I just started a great new job about a month ago. I'm loving the work, but I still don't feel like I fit in with the other employees. My team is a tight-knit group who frequently socialize outside the office. And while they haven't been outright rude, they also haven't made any open efforts to invite me into their fold. How can I crack their circle?

— All By Myself



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear ABM,

Starting at a new office is a lot like starting at a new high school. You're a little nervous, you're wearing a meticulously co-ordinated outfit that you probably purchased earlier that week, and you don't know the way to the wash-room. But even if you're having ninth-grader flashbacks, remember this: You are not



Feeling a little left out? Friendships, much like Rome, aren't forged in a day. Take some time to ease your way into the fold with a cheery disposition and a half-dozen doughnuts. ISTOCK

in high school.

So while workplace buds definitely make the week more fun, don't think of this as an in-or-out popularity contest. When it comes to forging office friendships, play the long game — not the

short-and-frantic game.

You're not going to become president of the water cooler overnight, so just chill. Rather than aiming for group-hug, invite-to-their-wedding acceptance, focus on one or two people with whom you

can build a solid bond. Maybe Kyle shares your passion for obscure 1960s baseball statistics. Or Tina has a similar interest in woodcarving. If it seems you might connect with a particular person, invite them for coffee or shoot

them a jokey email. One strong (and genuine) friendship could open the door to the rest of the group.

You should also assess your own attitude. Your first month in new a role is "please love me" time. Not

only do you want to prove yourself a hard-working, creative-thinking and generally A+ employee — you also want to prove yourself a likable, not-annoying human being. But these two motives can sometimes work in conflict: try-hards can be turn-offs.

If there's a chance your chilly reception stems from intimidation, show your co-workers that you're on their team. This might be as simple as smiling more frequently and being more thankful for help. While it's important to make a solid out-of-the-gate impression, ensure you do so as an ally rather than a competitor who wants to trample every teammate, boss, intern, doorman and trash can in your path.

And in cases like this, light bribery is not off-limits. Most people like Timbits. And the people who bring Timbits to work.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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# Wandering into a workspace near you

**An office open to all.** Rentable workspaces are a trendy option for those lacking a cubicle to call their own

EMILY  
LAURENCE  
Metro in New York City

If you're self-employed or work mostly alone, you know how hard it can be to get motivated. A day planned to be productive can turn into sleeping in, getting side-tracked by BuzzFeed, eating and then going to the gym because you feel too cooped up.

A solution to this problem is quickly emerging in rentable workspaces that are not

only thoughtfully designed to spark creativity but also serve as a place to form business connections. And it's not just bloggers who are taking advantage. Businesses are starting to rent spaces out, too. Here, we highlight some of the options:

**WeWork**  
With 26 locations world-

wide and 14,000 members, WeWork is truly on the forefront of this movement. Founding partner Rebekah Paltrow Neumann tells us the three components that make up the WeWork platform are space, community and services. Unlike other members-only workspaces, WeWork actually offers back-end tech support. And they've found



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it isn't just startups and independent workers taking advantage of their locations, workshops and other perks, like the WeWork app, that connects people who are looking for help with, say, WordPress. Big, global companies, like Reddit, rent out WeWork space, using it for satellite offices.

#### NeueHouse

This six-storey space in New York has an industrial-chic feel, with a full restaurant on the ground floor, open tables and plenty of private conference rooms. Some members choose to only have access to the main level (\$600 per month), while others rent a permanent space upstairs (roughly \$1,400 per month). Magazines Monocle and Surface have both made NeueHouse home base, as well as other small businesses like a startup coffee business and a team of private investors. With a concierge to check in clients and arrange meetings, hospitality is paramount.

**Makeshift Society Brooklyn**  
Located in Williamsburg, Makeshift Society Brooklyn

has a totally different vibe, which co-founder Bryan Boyer tells us was made to reflect the neighbourhood. There is another location in San Francisco that he says fits the neighborhood feel there, too.

Here, the emphasis on connecting people and helping businesses grow is especially strong.

"When people join, we take the time to find out what they do and what they're working on, and we'll say, 'Oh, you should meet so-and-so.' Having things like a communal kitchen, open workspaces and mixers connects people without it being a 'networking event,'" Boyer tells us.

Makeshift Society Brooklyn has regular events and classes where topics range from typography to making the whole working-for-yourself thing actually pay off.

Various memberships are offered, with a base \$30 day pass, increasing to \$50 a month to use the open workspaces, and topping at \$500 a month for a permanent space where you can keep your computer and files.



NHL

## Flames burn Jets team yet to ignite

Mason Raymond had a goal and two assists as the Calgary Flames handed the Winnipeg Jets their fourth straight loss with a 4-1 victory on Sunday.

Dennis Wideman, Johnny Gaudreau and Raymond scored on Ondrej Pavelec in a span of six minutes and 42 seconds in the second period as Calgary (4-3-0) finished a six-game road trip with a fourth win away from home. **THE CANADIAN PRESS**

NHL

## Rangers quick and deadly vs. Sharks

That was quick.

Martin St. Louis and Rick Nash scored 4 seconds apart late in the second period, tying a New York Rangers record, and Henrik Lundqvist made 33 saves Sunday in a 4-0 victory over the San Jose Sharks.

Lundqvist extended his franchise mark with his 51st career shutout as the Rangers (3-3-0) won their second consecutive game after losing three straight. He preserved the white-wash by denying Patrick Marleau late in the third period with an acrobatic save after dropping his stick.

"It was probably our most complete game of the year," said Lundqvist, aided by defenceman Matt Hunwick sweeping a loose puck away from the goal line in the first period. "The last couple of games we have been playing better as a group and making smart decisions."

**THE ASSOCIATED PRESS**

# Reilly rumbles Eskos to win in Regina

**CFL.** Edmonton QB calls own number to complete second half comeback vs. Riders

The Edmonton Eskimos landed three staggering blows on Sunday, all of which helped to bring down the Saskatchewan Roughriders on their home field.

Kendall Lawrence, Mike Reilly and the Eskimos' defensive unit all played pivotal roles in Edmonton's second straight victory, a 24-19 triumph over the Riders at Mosaic Stadium.

It was Reilly and the Edmonton offence that delivered the knockout punch midway through the fourth quarter. Reilly orchestrated an 84-yard touchdown drive that proved to be the decisive points in the come-from-behind win — one that improved the Eskimos' record to 11-5. The veteran quarterback called his own number on the touchdown, a five-yard run that saw him dive across the goal-line for the score to make it 24-13.

"We didn't execute all that well in the first half and (Saskatchewan) was giving us a bunch of different looks that they hadn't shown all year and it confused us a little bit," said Reilly, whose team trailed 13-4 at halftime. "But we started to execute our plays in the second half and started to figure out what they were doing."

Reilly threw for 260 yards on the day, including 177 yards in the second half.

A late touchdown reception by the Riders' Korey Williams



Edmonton quarterback Mike Reilly dives in for a touchdown against the Roughriders at Mosaic Stadium on Sunday.  
BRENT JUST/GETTY IMAGES

Week 17

24

Eskimos

19

Roughriders

brought the home team to within five, but the two-point convert failed and the Riders' offence never touched the ball again.

The Eskimos' special teams delivered the first punch of the second half in the form of a 96-yard kickoff return for a touchdown by Lawrence, a play that opened the third quarter.

Edmonton's defence quieted the Riders' faithful and shut out quarterback Kerry Joseph and the Saskatchewan offence until the game's final minute.

"It was huge," Reilly said of Lawrence's kickoff return. "It seems like every time we need a spark we've got it, whether it's our defence causing a turnover, or special teams scoring for us or giving us good field position. We just feed off of each other, and when two of the three units needs a push then the third one usually provides it."

The kickoff return for a touchdown was the fifth touchdown the Riders have allowed on special teams this season.

Joseph, playing in his first

game in more than a year, started at quarterback for the Riders and provided a spark in the first half. The 42-year-old found slotback Brett Swain for a 17-yard touchdown. Swain made a pretty diving catch in the end zone for the only major score in the first half.

Chris Milo kicked a 17-yard field goal and the Riders, who have lost four straight games, enjoyed a rare lead at the half. The Riders occupy third place in the West Division with a 9-7 record.

"He gave us a shot (to win)," Riders' head coach Corey Chamblin said of Joseph's performance.

Joseph finished the day 17 for 36 passing for 213 yards and

4 SPORTS



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# Rams' bag of tricks ground Seahawks

**NFL.** Trickery on special teams help St. Louis send defending champs down to 3-3

Walking off the field, his back to the huddle, Austin Davis had no idea the St. Louis Rams would gamble in this spot. Not backed up at their 18.

The quarterback glanced back in surprise to see Johnny Hekker, arm cocked, about to let one go.

It certainly surprised the Seattle Seahawks, even though they've seen it before.

"That's pretty sweet," Hekker said of the pass to a wide-open Benny Cunningham that helped the Rams run out the clock and beat the defending Super Bowl champions 28-26 on Sunday. "We've been practising that play for a long time."

Hekker is a former high school quarterback and is the holder on place kicks. His TD pass on a fake field goal to Danny Amendola, who'd pretended to jog off the field, was the go-ahead score and the lone touchdown for the Rams in a 19-13 win over Seattle in September 2012.

The Seahawks were familiar with the fake punt/pass but didn't expect trickery in that situation. They got fooled more than once.

Stedman Bailey had a 90-yard touchdown on a trick return that had the Seahawks thinking another player was going to field the punt. Cunningham had a 75-yard kickoff return on a squibbed kick that



Rams defenders Robert Quinn, top, and Marcus Roberson bring down the Seahawks' Kevin Norwood on Sunday in St. Louis. The Rams won 28-26. Scan the image with the Metro News app for more scores from the NFL on Sunday. DILIP VISHWANATH/GETTY IMAGES

## Upset special

28

Rams

26

Seahawks

Seattle. They scored more than 20 points against Seattle for the first time in 15 meetings since 2006.

"It was great execution by them on a couple different scenarios," Seahawks coach Pete Carroll. "It made a huge difference in this game."

"If they don't catch that ball, it's ours and we kick the field goal and it's over. A very gutsy play."

Russell Wilson rushed for 106 yards on seven carries and also passed for two touchdowns while going 23-for-36

for 313 yards, becoming the first quarterback in NFL history with 300 yards passing and 100 yards rushing.

But the struggling Seahawks fell to 3-3 with a second straight loss.

The Seahawks dominated statistically, outgaining the Rams 463 yards to 272. Doug Baldwin's nine-yard reception cut the deficit to two with 3:18 to go, but the Rams were able to run out the clock after Hekker's completion to Cunningham on fourth-and-3.

THE ASSOCIATED PRESS



## Manning: 509 TDs to eternity

Denver's Peyton Manning, right, is congratulated by San Francisco's line-backer Aaron Lynch after a touchdown pass on Sunday, in Denver. Manning threw his 509th touchdown pass in the game to break Brett Favre's all-time record for touchdown passes. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

## NASCAR

### Keselowski pulls it off at Talladega

Coming off a tumultuous week and backed into a must-win situation, Brad Keselowski pulled off one of his biggest victories.

Keselowski drove a perfect final two laps in overtime Sunday at Talladega Superspeedway, where he had to win to advance into the third round of NASCAR's championship race. Anything but a victory would have ended his title chances, which took a huge hit last week with a poor finish at Charlotte and a post-race meltdown that earned him a \$50,000 US fine.

"I know there's probably some people out there that aren't really happy I won," Keselowski said. "I can understand that. But I'm a man like anyone else and not real proud of last week. But I'm real proud of today." THE ASSOCIATED PRESS

## Welterweight champ

### Pacquiao debuts in pro basketball

Manny Pacquiao made his professional basketball debut on Sunday, just a month before he is set to defend his WBO welterweight crown. Pacquiao started Sunday's game for KIA Sorento of the Philippine Basketball Association but played only seven minutes.

THE ASSOCIATED PRESS



Manny Pacquiao  
AFP/GETTY IMAGES

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### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

A friend will offer you advice you should act on. The solution may be painful in the short-term but if you leave a financial issue unresolved it could be hugely costly in the long-term.

#### ♉ Taurus

**April 21 - May 21**

There may be many things that interest you but there is only one thing that demands your attention. A serious matter needs to be dealt with today.

#### ♊ Gemini

**May 22 - June 21**

You may have to cut back on your commitments to save time and money but don't overdo it. Jupiter, planet of excess, is strong in your chart today, so you could go too far.

#### ♋ Cancer

**June 22 - July 23**

You are in a practical frame of mind and that's good because there are everyday issues that need to be dealt with. Focus especially on money matters over the next 24 hours.

#### ♌ Leo

**July 24 - Aug. 23**

You can be brutally honest and with communications planet Mercury linked to Jupiter, planet of excess, today it is likely you will say something that shocks those around you. Good!

#### ♍ Virgo

**Aug. 24 - Sept. 23**

Think deeply about what you are doing and where you are going. It's sensible to take stock once in a while.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Be careful you don't let an opportunity that is tailor-made for your needs slip by without taking advantage of it.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

You seem to be having serious misgivings about what a loved one is proposing to do and it is your duty to speak up about it.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Slow down a bit and prepare yourself, mentally, emotionally and physically, for the exertions that lie ahead. Don't get involved in anything that is likely to drain your energy.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

The news you receive today may not be to your liking but you will still have plenty of time to adjust. Patience is not only a virtue but a necessity if you are to make progress over the next few weeks.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Don't listen to those who say you should be different. You don't need to play a role to make your mark. Act in a way that feels natural to you, not in a way you feel is expected.

#### ♓ Pisces

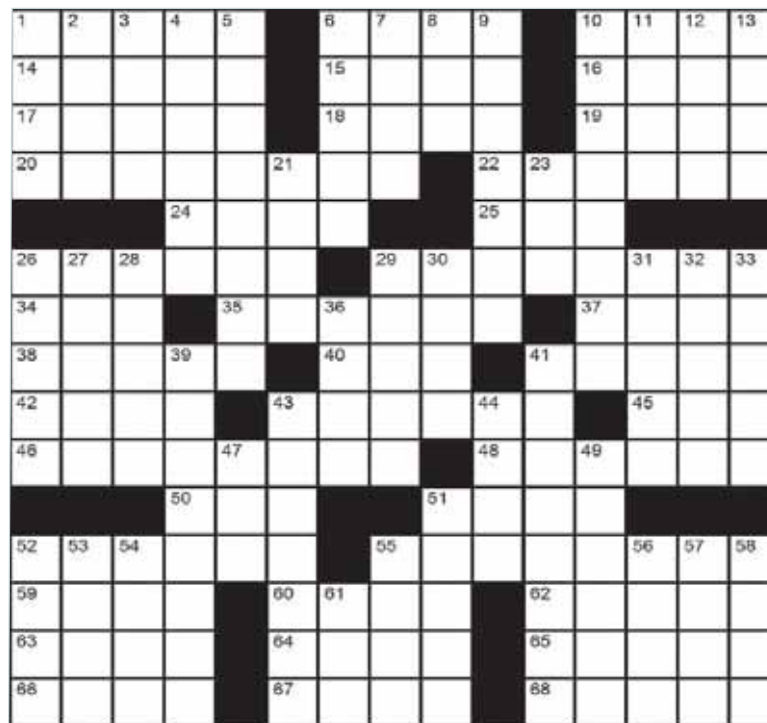
**Feb. 20 - March 20**

Life may be unpredictable but that's one of the things that makes it interesting. The planets warn you need to accept that even unsettling events have their place in the cosmic plan.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Rock band, Papa \_\_\_\_\_
6. Canadian Hip-Hop artist, \_\_\_\_\_ 65
10. Canadian filmmaker Mr. Sennett
14. Sum 41's "\_\_\_\_ Deep"
15. Time Machine people
16. Exuberance
17. Catwalk walk
18. Steven \_\_\_\_\_, Canadian violinist
19. Pharmacy amount
20. Villain's expression when pleased: 2 wds.
22. German author of The Sorrows of Young Werther
24. Barrel
25. Winter's first mo.
26. Sherwood Forest: Maid \_\_\_\_\_
29. S.S. \_\_\_\_\_, Canadian ship (named after a character in Shakespeare's The Winter's Tale) which sank in 1918 off Cappahayden, Newfoundland
34. High card
35. Parchment paper
37. Ms. Campbell
38. Scrumptious
40. All-you-can-what?
41. Tree beavers like
42. Virginia willow
43. CNN host Mr. Zakaria



45. Amateur antonym [abbr.]
46. Montreal street; or, actor Jesse
48. Sci-Fi thriller of 2004 filmed in Ottawa
50. Spencer Davis Group's "\_\_\_\_ Man"
51. David \_\_\_\_\_ (Yahoo! co-founder)

52. Sauce sort
55. "Penny \_\_\_\_\_" (Horror series)
59. Queen in Disney's "Frozen" (2013)
60. Italian saint Philip
62. Mad
63. Ms. McEntire
64. Previous partners
65. Faring

66. Therefore: French
67. Actor Rob
68. Fiction's Jane's \_\_\_\_\_
1. Climb
2. A-ha's "The Sun Always Shines \_\_\_\_\_"
3. Longfellow's bell town
4. Anne Murray's "\_\_\_\_"

- \_\_\_\_ Have This Dance"
5. Poutine component: 2 wds.
6. Darken
7. \_\_\_\_\_ Bator, Mongolia
8. Bilk
9. Mixed Martial Arts drama starring Nick Jonas, on Bravo
10. \_\_\_\_\_ Sans Frontières

- = Doctors Without Borders
11. Care-\_\_\_\_ (Care Bears home)
12. Money
13. \_\_\_\_\_ socks
21. Ancient symbol
23. Atop, in verse
26. Ms. Bialik of "The Big Bang Theory"
27. Razor-sharp
28. Convened again
29. Emergency light signal
30. Plucked instrument
31. One of The Marx Brothers
32. All
33. Comedian Jay's
36. Fall fall-ee
39. Canadian fiddler Ashley
41. Toronto street; or, Ms. Kane who stars as Mary on "Reign"
43. Pajamas fabric
44. Ms. Falco
47. Friend: French
49. \_\_\_\_\_ Valley, in western Newfoundland
51. Bichon \_\_\_\_\_ (Small dog)
52. Grazing group
53. Margarine
54. Paperback's ID
55. Mr. Carey
56. Reasonable
57. \_\_\_\_\_ Reader (Alternative press magazine)
58. Endurance/longevity
61. Prefix to 'skeleton'

### Friday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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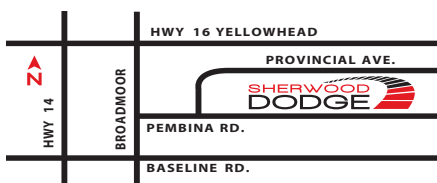
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